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The Fort Jackson Leader



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Final thoughts

Dixon credits team for garrison's success

By **SUSANNE KAPPLER**
Fort Jackson Leader

Just five days after Col. Lillian Dixon assumed command of the U.S. Army Garrison Fort Jackson in July 2007, she got a taste of things to come.

"On that Wednesday, I was at home receiving my household goods, and all the lights went off on Fort Jackson. I was sitting in my seat saying, 'I know I'm supposed to be doing something,'" Dixon said.

A few phone calls later, Military Police officers were directing traffic at the post's intersections, and workers were trying to trace the root of the power outage.

"That was kind of my introduction to being the garrison commander and what was in store for me for the next three years," Dixon said.

On Friday, Dixon will relinquish command to Col. James Love in a change of command ceremony at 11 a.m. at Post Headquarters. Dixon will deploy to Iraq to serve as the senior adviser for human resources to the Iraqi ministry of defense.

In her three years in command, Dixon said the garrison faced some challenges, most notably budget cuts. She credited both IMCOM and Fort Jackson's leadership with providing her support to face those challenges.

"I think what I've learned the most out of this — and that I know I'll take away from it — is that relationships are very important," Dixon said. "When you have several commands here, when you work together as a team, regardless of what patch you're wearing on your arm, you can get more things accomplished. When you keep in your heart and mind that everything you're doing is for ... the Soldiers who are going to leave here and most likely go into harm's way, it's easier for you to take the team spirit, because that's what it's all about — taking care of them and their families."

Dixon said her biggest task was setting the conditions for the installation to be able

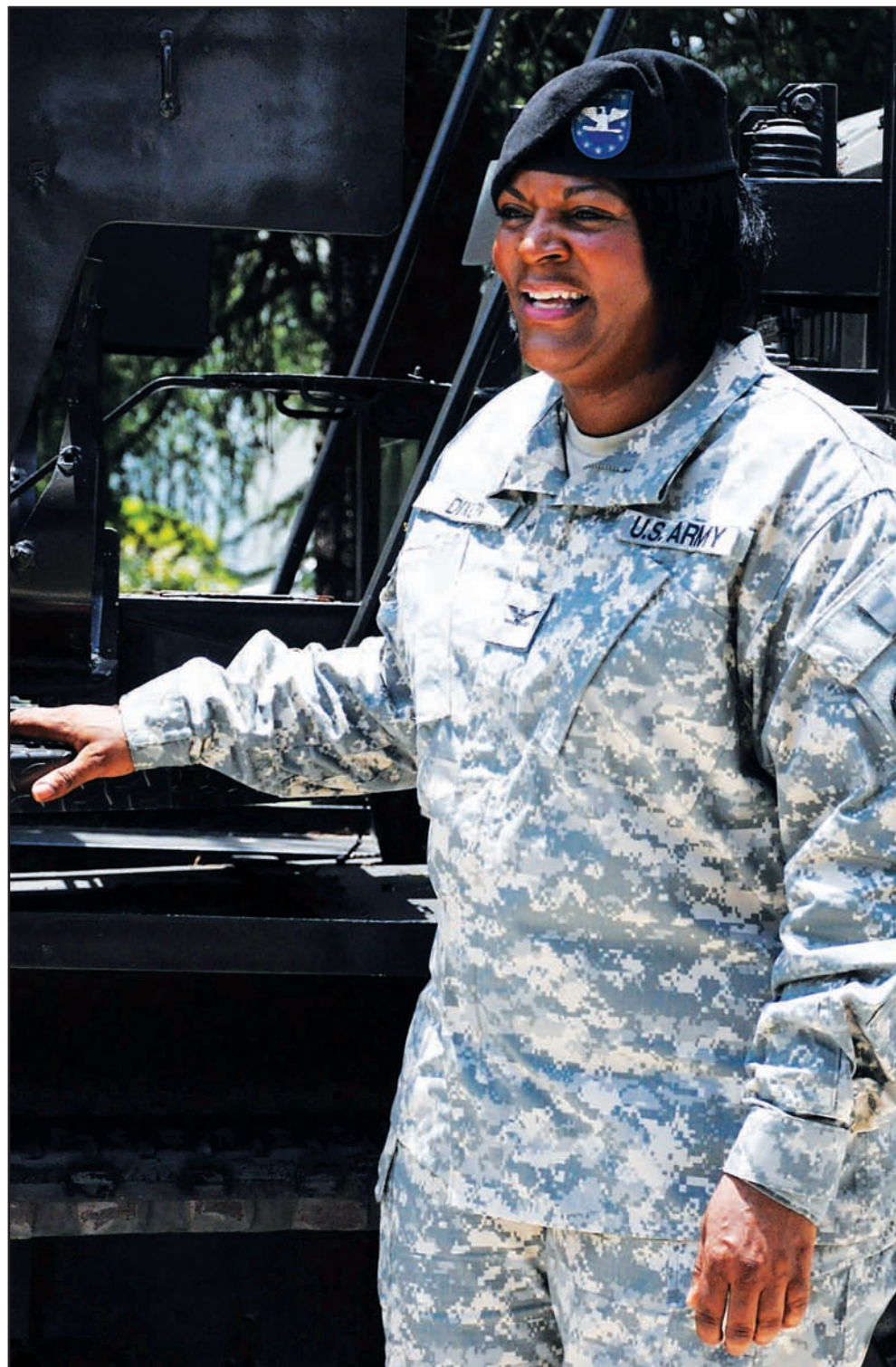


Photo by **SUSANNE KAPPLER**

Col. Lillian Dixon, garrison commander, said that the Fort Jackson team was integral in helping her during her command.

See **DIXON**: Page 9

Milano outlines command expectations

Let's talk a little bit about expectations. Rather than have you speculate on what I expect from you, I will briefly spell out some of things that are high on my list. First of all, strong communication skills are critical in any command so that things get done right and on time. It is imperative that I correctly convey what's important.

Anyone who has worked for me knows that I put a lot of emphasis on standards and discipline. If you can remember that much, we will have a good starting point toward mission success. Again, standards and discipline form the pillars of anything we set out to build or to accomplish. Our Army has standards for everything, and Fort Jackson, at a minimum, will meet those standards. Just as important, we must know how to enforce those standards. As for discipline, the word speaks for itself. Let me just add that disciplined plans and actions are essential in the makeup of any great organization.

As an illustration, think about this: A disciplined unit might have the potential of becoming a good unit, but an undisciplined unit will never be a good unit. I guarantee you that. We will not fail our mission. In the face of any resource constraints that come our way, we will learn to be more creative in order to attain mission success.

All of this, of course, will depend upon our people, who are our greatest resource. I expect that every person

MAJ. GEN. JAMES M. MILANO

*Fort Jackson
Commanding
General*



on Fort Jackson pulls his or her weight. Our leaders will be frank and honest with their subordinates to let them know how they are doing. When someone is lagging behind, he or she needs to be told. But, conversely, when someone is exceeding his or her expectations, that type of excellence also needs to be noted. People desire approval, appreciation and acceptance. A simple pat on the back or a "job well-done" has tremendous motivational power. I expect leaders to make the time to acknowledge accomplishments. Never underestimate the power of positive, inspired leadership.

In the course of the next couple of years, you will realize that the high expectations that I have set for you are no higher than the expectations that I have set for myself. You will understand my loyalty to the organization and

my commitment to the Army and installation mission, because I will live these things every day. As a person who has been in the Army for 31 years and has been a senior commander two other times, I can assure you that loyalty to the chain of command is the reason that the chain of command works.

Character has no secret ingredients. If you are loyal and live our Army Values, you will earn the respect of others and build pride in yourself. By the way, I am also adamant about physical fitness and a good diet. Good physical fitness is an integral part of the larger equation and in my mind enables mental and emotional fitness, as well.

I am very proud and thankful to have been chosen for this assignment. Our Army serves a nation at war. Our approach to our duties and tasks must reflect the seriousness and sense of urgency characteristic of our mission; our Soldiers and nation deserve nothing less than that. Our mission is critical and our obligations to the nation demand the very best in all of us. Our legacy to the generations that follow must be one of selfless service coupled with strong and positive leadership. We will accomplish this task and build our legacy based upon our deeds, not our words.

So let's get started.

Victory Starts Here and Army Strong!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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Ask the garrison commander about:

Voluntary retirement paperwork

As a Soldier with 20 years of service, when is the earliest that I can submit my request for voluntary retirement?



The earliest that a request for voluntary retirement can be submitted to the Retirement Services Office is 12 months prior to the requested date of retirement. For example: if the requested retirement date is April 1, 2011, then the retirement requested packet must be submitted on or after April 1, 2010.

For additional information you may contact the Fort Jackson Retirement Services Office for more information.

Where is the Columbia Regional Veterans Administration Office located?

The Columbia, S.C. Regional Veterans Administration Office is located at 6437 Garners Ferry Road, Columbia, S.C. 29209, next to the Dorn Veterans Administration Hospital. The telephone number is 800-827-1000 or 647-2434.

I am new to Fort Jackson. I have noticed a water park

COL. LILLIAN A. DIXON

*Fort Jackson
Garrison
Commander*



next to the Solomon Center. When does it open and what are the prices?

Palmetto Falls Water Park remains open through Labor Day weekend. Prices are based on rank and affiliation. Palmetto Falls Water Park also is open to all off-post, nonaffiliated individuals. Saturday and Sunday are reserved for military members only. For hours and prices, please check our website at <http://fortjackson-mwr.com/waterpark>.

FACT OF THE WEEK

Palmetto Falls Water Park has one lazy river that is longer than 800 feet, a swimming pool, two speed slides, one serpentine slide, two kids slides, a spray park, kiddie pool and other splash features.

To submit questions for the "Ask the Garrison Commander," e-mail Scott.Nahrwold@us.army.mil.



Article submissions are due two weeks before publication. For example, an article for the July 8 Leader must be submitted by today. Announcements are due

one week before publication.

For example, an announcement for the July 8 Leader must be submitted by July 1.

Post honors fallen S.C. Soldiers

By **KRIS GONZALEZ**
Fort Jackson Leader

As Fort Jackson community members and visitors pass by the Strom Thurmond building today, they will be flanked by newly planted trees memorializing some of South Carolina's fallen heroes.

Thirteen Bloodgood Japanese maple trees have been planted in front of the building near the intersection of Strom Thurmond and Jackson boulevards in memory of 13 South Carolina Soldiers who were killed in action.

A "Wall of Remembrance," adorned with photos of the 13 fallen Soldiers, has also been erected and will stand on display inside the front entrance of the building.

Those recognized are among the 75 South Carolina Soldiers killed in action

since 9/11.

The display was presented to the Soldiers' surviving family members Tuesday during a "Wall of Remembrance" dedication in which Maj. Gen. James Milano, Fort Jackson Commanding General, honored the fallen Soldiers for their gallantry.

"It's critical to never forget (that) we're a nation at war and there are many who have made extraordinary sacrifices on our behalf," Milano said. "For our families (of Soldiers) who have fallen... please accept our sincere gratitude for the faithful and dedicated service and sacrifice your loved one made on behalf of our nation."

During the somber ceremony, Milano presented each family with a photograph of the family's Soldier framed alongside the poem, "A Shared Tear."

Immediately afterward, the families were escorted outside to the trees repre-

senting each fallen Soldier.

"They are beautiful," said Antoinette Stack. "I am just so glad they are doing this here, so everyone remembers the fallen — our boys, our children, our babies — because we will always think of them as our babies."

Stack's son, Sgt. Maj. Michael Stack, a Lake City native serving with the 5th Special Forces Group based out of Fort Campbell, Ky., was killed in Iraq in 2004 when his convoy was attacked with small arms fire during a patrol.

Jane and Hampton Caughman's son, Spc. Thomas Day Caughman, a Lexington native who was serving with the 458th Engineering Battalion, was killed in Iraq that same year. The Caughmans said they were grateful for the tribute, as well as the support of the Army and its Survivor Outreach Services program, which sponsored Tuesday's dedication.

"I think I would probably speak for every family when I say one of the biggest threats or worries that you have (as a survivor) is that nobody remembers," Hampton Caughman said. "But ... this here today,

and other things that the Army has done for us to honor Thomas, helps us in our healing process."

"The trees are a very nice way to remember the ones who have given their lives," Jane Caughman said. "You know when people ride by they'll see them; it's just a constant reminder."

"That's what we need to do — always remember them, and remember we are still at war and there's a lot of families affected, still, everyday," she said.

The Soldiers honored Tuesday were:

- Staff Sgt. Aaron Brown
- Spc. Thomas Day Caughman
- Capt. Richard Cliff Jr.
- Sgt. Andrew Derrick
- Pvt. 1st Class Robert Earl Foster
- Capt. Kimberly Hampton
- Staff. Sgt. Jerome Lemon
- Master Sgt. Danny Maybin
- Sgt. 1st Class Edward Nelson
- Staff Sgt. Ronald Phillips Jr.
- Sgt. Maj. Michael Stack
- Spc. Abraham Wheeler III
- Spc. Harry 'Buck' Winkler III

Kris.Gonzalez@us.army.mil



Photos by KRIS GONZALEZ

At left, Wanda Phillips, center, wipes away tears as she and her sister-in-law, Dorothy McCalpine, right, are escorted by Shirley Cherry with Army Community Services to a tree planted in honor of Phillips' son, Staff Sgt. Ronald Phillips Jr., who was killed while serving in Iraq in 2008. Above, A "Wall of Remembrance," memorializing 13 of South Carolina's fallen Soldiers killed in action will remain on display indefinitely inside the front entrance of the Strom Thurmond Building.



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Voter registration drive set for today

By **KRIS GONZALEZ**
Fort Jackson Leader

The Fort Jackson Voting Assistance Office is launching a massive voter registration drive today to help Army civilians, service members and their voting-age dependents register to do just that.

From 9 a.m. to 1 p.m., voting assistance officers will be at the Solomon Center manning a voter registration booth decorated with banners displaying the Federal Voting Assistance Program's campaign slogan: "Honor the Past, Support the Future — Vote."

The VAOs will explain the procedures required to register in each state, how to obtain an absentee ballot from the citizen's voting residence, and how to use the Voting Assistance Guide for state-by-state instructions.

"Any questions they may have on the voting process, we will be able to help answer those questions," said Donald

Johnson, installation senior voting assistance officer.

The VAOs will help patrons fill out federal post card applications, SF-76, which allow citizens temporarily living outside of their state of record to register to vote in their home state, vote by absentee ballot, and in some states, vote early by mail.

Once the applications are completed according to a state or territory's specific instructions and are submitted to the appropriate local election office, the newly registered voters will receive absentee ballots for primary, as well as general elections.

Many states, including South Carolina, have already had their primaries, but more than 20 states will be conducting primaries from July through October.

VAOs will also assist patrons who need help filling out the Voter's Declaration/Affirmation — Federal Write-In Absentee Ballot, SF-186, which can be used as a back-up if that the state absentee ballot does not arrive with enough

time to vote and return it. The write-in absentee ballot requires the voter to write-in the candidates they choose for each office. And even if someone has missed the primary in his or her state, said Johnson, it's important to remember he or she can still vote in the general election, which takes place Nov. 2 in each state.

"It's important because it's your chance to make a difference; your voice needs to be heard," he said.

For those who cannot attend today's drive, individual units will be conducting their own voter registration drives next week in support of Armed Forces Voters Week, which begins Monday and runs until July 7. Each unit will have voting assistance officers on hand to assist in all aspects of the voting process, Johnson said.

For more information, contact the post Voting Assistance Office at 751-5763, a unit VAO, or visit the Federal Voting Assistance Program website at www.fvap.gov.

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All gassed up

Students with the U.S. Army Chaplain Center and School Basic Officer Leader Course recover after completing mandatory Nuclear, Biological and Chemical training.

Photo by Julia Simpkins, USACHCS



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E-mail submissions to FJLeader@conus.army.mil.

Housing Happenings

COMMUNITY UPDATE

❑ A water outage is scheduled from 9 a.m. to 1 p.m., Friday on Bailey Court and Imboden Street, including Pierce Terrace Elementary School.

❑ Alana Youngblood is Balfour Beatty's new LifeWorks coordinator. Feel free to contact her with event ideas at 738-8275 or ayoungblood@bbcgrp.com.

❑ Vacation services for residents are now available. Services include plant watering inside and outside and pet care (for no more than two days). Balfour Beatty Communities can also retrieve mail and hold it at the Community Center. For more information, call 738-8275.

❑ Nominations for Yard of the Month for July are due by June 30. Please submit nominations to ayoungblood@bbcgrp.com or call 738-8275.

❑ The Parent's Date Night scheduled for June 29 has been postponed. The new date will be announced later.

❑ Conserve energy by turning off porch and patio lights during the day.

DEVELOPMENT UPDATE

❑ To date, 167 homes have been completed.

❑ Phase II asbestos testing is complete and demolition is under way in some areas. Use caution throughout the area during the demolition and construction process.

❑ Phase II demolition is complete in the senior officer area and site work is under way for the remaining senior officer and general officer homes.

❑ A portion of Brown Avenue is currently closed. Families residing in the area should use Mills Road to access Imboden Street.

CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo.

Whether it affects individuals and constituent groups at the installation level or throughout the Army, feedback is important.

Become a friend of CMS on Facebook by logging on to www.facebook.com. Search for CMS Fort Jackson.

"Let your voice be heard!"

AFAP issues now online

By **ROB MCILVAINE**
FMWRC Public Affairs

Searching for the progress of AFAP Active Issues at the Department of the Army headquarters level recently became easier, thanks to the new AFAP issue search application.

"The constituents who AFAP serves deserve to know the status of these issues. If the Army cannot resolve an issue, they also need to know what has been done and why the issue is unattainable," said Lt. Gen. Rick Lynch, IMCOM commanding general.

This new search tool was developed because Lynch said he was concerned that those involved in the AFAP program had no way to track the progress and eventual resolution of the HQDA AFAP issues they had worked.

Now, Soldiers, family members, retirees, survivors, wounded warriors DA civilians — of all components — have the ability to search the database of active issues, review the status, and learn what is needed for resolution.

"Searching for active issues is simple and easy," said Shaunya Murrill, with Family and Morale, Welfare and Recreation Command Family Programs.

The screenshot shows the 'Army OneSource' website with a search bar at the top. Below the search bar is a section titled 'Army Family Action Plan - Active Issue Search'. It includes a list of steps: 1. Use this tool to view active Army issues, 2. Select criteria below to focus your search, 3. Click 'Search Now' to see your results. Below the steps are several filter sections: 'Keyword', 'Start Date', 'End Date', 'Issue Number', 'Mid Level Command', 'Issue Status', 'Military Component', 'Subject Area', 'Demographic Group', and 'Geographic Area'. Each section has a dropdown menu or a list of checkboxes to select from.

From Army OneSource

Army community members can now check the status of AFAP issues through the Army OneSource website.

The IMCOM commanding general discusses AFAP

— Page 10

"Simply visit Army OneSource at <https://www.myarmy-onesource.com/default.aspx>, click on Family Programs and Services, click on Family Programs, and then click on Army Family Action Plan to access this new search application.

"Several filter options are available, allowing a search to be customized. Additionally, if an end-user has a question regarding an Active Issue, they can pose a question through email and receive a response within 72 hours," Murrill said.



Give me a hand

Second Lt. Joe Dekreon, far right, assists his classmate, 2nd Lt. Clinton Dodge, during a training exercise as part of their Chaplain Basic Officer Leadership Course at the U.S. Army Chaplain Center and School.

Photo by JULIA SIMPKINS, USACHCS

DoD issues tourniquet warning

By **STEVE ELLIOT**

Fort Sam Houston Public Affairs

Counterfeit models of the U.S. Army's Combat Application Tourniquet are available on the Internet and on the open market.

Army officials say using the counterfeits can be lethal.

"While I haven't seen any of these counterfeits in use, I have seen a few ordered by logisticians more interested in cutting costs than in quality control," said Col. John Kragh, U.S. Army Institute of Surgical Research at Fort Sam Houston. "The Combat Application Tourniquet is standard issue to all deploying Soldiers. It's in each Soldier's Individual First Aid Kit pouch."

Kragh explained the Army's concern with the counterfeits.

"The rod on the dummy tourniquet is bendable to a point where it cannot work right. It's like bending Gumby's arm," he said. "The makers do not market the item ostensibly as a medical device, but they sell it and package it like a retail item."

"The danger is if someone mistakes the fake for a real CAT or a real medical device," he said. "That mistake could be fatal, since it cannot control bleeding."

A tourniquet is used to cut off the flow of blood to a part of the body, most often an arm or leg. It may be a special surgical instrument, a rubber tube, a strip of cloth or any flexible material that can be tightened to exert pressure.

In a bleeding emergency, a tourniquet is used to completely stop the flow of blood.

Meant as a temporary fix, tourniquets are not recommended to be used for more than 20 minutes at a time because of the danger of congestion and



The real tourniquet, left, has different packaging than the counterfeit.

gangrene. The Defense Logistics Agency knows the fake items are available for purchase through non-Department of Defense websites. Authorized DoD procurement gateways will supply only the approved commercial part from authorized distributors.

If the counterfeits are found in any inventory, they should be replaced by the real thing and the counterfeit should be reported to that activity's logistical supply office.

"It's easy to get the right items using routine, professional supply channels," Kragh said. "If other channels are used, then it's easy to get the wrong stuff. It just takes a credit card and choosing the wrong online supplier."

The phony tourniquet was first encountered several years ago in a depot in Afghanistan and was thought to



Courtesy photos

have been purged from the system. At that time, the item was of obviously inferior construction and recognizable as a counterfeit. Today, the product has been modified and is difficult to distinguish from the authentic CAT.

The Element Cat, or E-CAT, is a very carefully made counterfeit CAT tourniquet, manufactured in Hong Kong for \$8.50 each. It was designed to look, feel and act like the real thing.

The authentic item has a National Stock Number of 6515-01-521-7976 and has a unit cost of \$27.28.

"The markings appear to be a copy-right or trademark infringement, and that is why law enforcement has become involved in the investigation," Kragh noted. "We have had a previous counterfeit CAT confirmed from the Middle East, but this was purged from the warehouses uneventfully a couple of years ago. This is one of the reasons why we should remain vigilant."

As to why anyone would purchase the fake one while the authentic item is available through Army supply channels, the colonel had a possible explanation.

"The ordering system is decentralized giving initiative to low-level supply persons who can order what they think is best. An unknowing person could easily think that they are ordering a Combat Application Tourniquet online for a good price, but getting one cheap from China is too good to be true," Kragh said.

Information about the proper combat application tourniquet can be seen on the U.S. Army Medical Materiel Agency website (<http://www.usamma.army.mil/assets/docs/CAT.pdf>) under the category "Hot Topics."

An information line at 301-619-3548 is also available.



Courtesy photo

The authentic tourniquet, bottom, has a manufacturing date stamped on it while the counterfeit does not.

News and notes

LEGAL OFFICE HOURS CHANGE

The Office of the Staff Judge Advocate, including Legal Assistance and Claims, will now close for lunch from noon to 1 p.m. Regular office hours are 9 a.m. to noon and 1 p.m. to 4 p.m., Monday through Friday.

TORCHLIGHT TATTOO SET FOR NEXT WEEK

The annual Torchlight Tattoo event is scheduled for July 3 at Hilton Field. The Independence Day celebration will feature a concert by the 282nd Army Band, beginning at 8 p.m. The Salute to the Nation ceremony is scheduled to start at 9 p.m., followed by a 30-minute fireworks display.

Parking areas will open at 3:30 p.m. Concession stands and a children's play area are scheduled to open at 4 p.m. Vehicles that are not registered with DoD can enter the post through Gates 2, 4 or 5. Gate 1 is open for DoD-decal vehicles only. Traffic control points will be set up throughout the installation to ease the traffic flow.

2-60TH GRADUATION DATE CHANGED

The Family Day and graduation for Companies A, B and C, 2nd Battalion, 60th Regiment has been scheduled for Wednesday, July 7 and Thursday, July 8, respectively. Both events are scheduled for 9 a.m. at Hilton Field.

BOSS TALENT SHOW SCHEDULED

The Fort Jackson BOSS Talent Show is scheduled for 7 p.m., Friday at the NCO Club Ballroom. Call 751-0891 for information.

ARMY 10-MILER QUALIFIER NEARS

The Army 10-miler qualifier is scheduled for 5:30 a.m., July 17 at Patton Stadium. Sign-up and registration is scheduled from 4:30-5:15 a.m. the day of the race. Runners may also register in advance by calling 751-3096. The run is for active duty military only and the top eight times for men and women will make up the Army 10-miler team.



June 24 — 2 p.m.
Robin Hood PG-13 140min.

June 24 — 5 p.m.
Iron Man 2 PG-13 126 min.

June 25 — 7 p.m.
Just Wright PG 101 min.

June 26 — 5 p.m.
Macgruber R 90 min.

June 27 — 2 p.m.
Just Wright PG 101 min.

July 1 — 2 p.m.
Shrek Forever After PG 93 min.

July 1 — 5 p.m.
Sex and the City 2 R 146 min.

Fort Jackson Reel Time Theater
(803) 751-7488

Closed Monday, Tuesday and Wednesday

Ticket admission

ADULTS \$4
CHILDREN (12 and younger) \$2
Visit aafes.com for listings

Dixon to deploy to Iraq

Continued from Page 1

to meet future mission requirements. Scott Nahrwold, deputy garrison commander, said she succeeded in doing that.

"I'd say the wave of new construction and the challenge of putting together a comprehensive master plan that we had been without for quite some time was probably one of the more remarkable aspects of her tour here as garrison commander," Nahrwold said.

During her tenure, many milestones were achieved on Fort Jackson, such as the privatization of family housing, barracks upgrades and the implementation of quality of life programs as a result of the Army Family Covenant. Dixon was reluctant, however, to highlight one of those achievements.

"To me, it was the culmination — or the combination — of everything we do in customer service or to support the Soldiers and the families, and even the civilians here, that really brings everything home for me," she said. "That's why we exist as a garrison."

Garrison Command Sgt. Maj. Christopher Culbertson said her level of commitment to support the people on Fort Jackson distinguishes her as a leader.

"Her biggest strength is her passion for Soldiers and getting the job done," Culbertson said. "She'll work through all hours of

the night, knowing there's only 24 hours to the day and 60 minutes in an hour. She will use every bit of it to make sure that she is doing what she can to take care of Soldiers, the civilians and our family members."

That passion also resulted in a special relationship Dixon forged with her military and civilian subordinates, Nahrwold said.

"It's a very committed relationship both ways," he said. "This is, for me, a textbook example of how loyalty works, both up and down the chain of command. She's intensely loyal to the folks who serve as her subordinates, and they return that loyalty right back to her in their commitment to putting in extra effort. They go above and beyond in what she asks of them."

Dixon said some of her favorite memories are visits with employees on night shift or working holiday hours. She added that if she could do one thing differently, it would be visiting garrison employees more often to show her appreciation for what they do.

"This is one of the most rewarding jobs I've had since I've been in the Army, probably the most challenging job I've had, but having the folks who work for me has really made it easy. They have such great attitudes about what they do," she said. "I'd just like to tell them, 'Thank you' for everything they've done and what they've meant to me. They're still my family, no matter where I am."

Susanne.Kappler1@us.army.mil



Leader File Photo

Col. Lillian Dixon, shown here reading to a group of school children will relinquish command to Col. James Love in a ceremony Friday.

Tough competition



Sgt. 1st Class Edwin Hernandez, Fort Jackson's Drill Sergeant of the Year, instructs a new Soldier how to properly salute during TRADOC's 2010 Drill Sergeant of the Year Competition.

Photo by CAROLL KIM, TRADOC Public Affairs



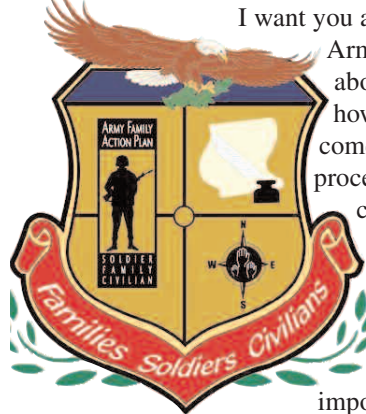
Photo by ANGELICA GOLINDANO, TRADOC

Sgt. 1st Class Edwin Hernandez, Fort Jackson's 2010 Drill Sergeant of the Year, prepares to answer a question as he appears before a board of command sergeants major during last week's Drill Sergeant of the Year competition. Hernandez was one of eight drill sergeants competing for the title.

AFAP a voice for the Army community

As the assistant chief of staff for installation management, or ACSIM, one of the most important duties I have is overseeing the Army Family Action Plan process.

AFAP is the Army's grassroots effort in which members of the Army community (Soldiers, civilians, families and retirees) identify and elevate significant quality of life issues affecting the Army community to senior leaders for action. The AFAP is also a key component of the Army Family Covenant because it gives commanders and other Army leaders insight into needs and expectations of the Army community. Simply stated, AFAP is a voice for the Army community to inform and partner with Army leaders to determine if we're doing the right things, whether we're doing things right, and to find out what we're missing.



I want you and every member of the Army community to know about AFAP, understand how it works and to become a partner in the process. AFAP allows you to communicate with and receive feedback from the most senior military and civilian leaders of the Army, Department of Defense about issues important to the health and well-being of Soldiers, civilians and family members.

Here's how it works. AFAP is a year-round process that begins on installations where representatives of the community meet in forums to identify, develop and prioritize issues they believe are important to maintain a good standard of living for the Army community. Approximately 90 percent of the AFAP issues that emerge are resolved at the local level and result in ongoing community improvements.

However, some issues require support beyond the local level. Those issues are elevated to mid-level (Army command) AFAP Conferences. Issues that require the attention of higher-level authorities go to the Headquarters Department of the Army AFAP Conference where delegates from across the Army determine which issues will be worked by the Army staff.

The AFAP General Officer Steering Committee, which includes senior Department of Defense officials, Army leaders and field representatives (commanders and

**LT. GEN.
RICK LYNCH**
*Installation Management
Command
Commanding
General*



command sergeants major), meets every six months to provide senior leader direction on action plans, milestones and resolution of AFAP issues.

In the six months since the last AFAP GOSC meeting, functional representatives from the DA staff and I have met for six AFAP sessions, reviewing the 86 active AFAP issues. During those sessions we studied the history and latest developments for each issue, then decided on a recommended status (remain active, complete or unattainable) to present to the AFAP GOSC for consideration.

After I present our recommendations to the GOSC on June 30, we will determine the next steps and status for each issue. The results from this GOSC as well as previous GOSC meetings are available on the new and improved AFAP website.

The AFAP website is conveniently located in Army OneSource (www.myarmyonesource.com) to provide the Army community with easy one-stop-shopping for Army information, including meeting results from the January GOSC and previous meetings. The AFAP website has been improved by the addition of the active issue search application.

This new feature allows users to search the status of all issues using several filter options, such as keywords, issue status, service component, subject, demographic group, command, and more. The Army is dedicated to building awareness of AFAP across the Army and ensuring that everyone has full access to AFAP recommendations and accomplishments and knows how to become a partner in the process.

As the ACSIM, I commit to ensuring all AFAP recommendations are thoroughly analyzed to determine if they are realistically achievable based on factors such as, congressional support, cost and other factors. I am also committed to ensuring that the GOSC provide the Army community with the results of our analysis and decisions

as quickly as possible. This is important work. Previous recommendations submitted through the AFAP process have had very positive and wide-reaching effects for the Army Community. For example:

2009 — Distribution of Montgomery GI Bill benefits approved for dependents.

2008 — Military annual leave carryover increased from 60 to 75 days.

2007 — Established toll-free Wounded in Action phone number; improved communication to families.

As you can see, the AFAP has an excellent record of success. One hundred and seventeen AFAP recommendations have resulted in legislative changes; 162 resulted in DA policy changes; and 178 improved programs or services.

However, our work is not complete. The following is just a sample of the AFAP recommendations we will be working on at the next GOSC:

AFAP Issue Recommendation #610: Establish a comprehensive integrated rehabilitative program for Traumatic Brain Injury patients at military Medical Centers of Excellence.

AFAP Issue Recommendation #653: Fund a formal program to provide service dogs for wounded warriors.

AFAP Issue Recommendation #658: Install visual monitoring systems for surveillance of hallways, common areas and parking lots and require keyless entry and peep holes in barracks across the Army.

AFAP Issue Recommendation #647: Require the availability of 24/7 child care for all age groups through Child, Youth and School Services delivery systems at all Army garrisons.

Now that you know more about this grassroots process that was created to enable the Army community to collaborate with leaders, from the installation level to Congress, get involved. I encourage you to go to the AFAP website and view the status of the 86 active issues.

I also challenge you to become a partner with us in our continuing effort to improve our Army by contacting your garrison AFAP Program Manager within Army Community Service and becoming a volunteer, participating in an AFAP forum, or submitting an AFAP issue.

Your contributions to the AFAP provide real-time information that enable commanders to respond more rapidly to resolve problems, implement good ideas, guide policy formation, and enhance Soldier, civilian and family well-being and installation readiness.



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115560926584](http://www.facebook.com/pages/Columbia-SC/Fort-Jackson-Leader/115560926584)

Calendar

Friday
BOSS talent show
7 p.m., NCO Club
Call 751-0891 for information.

Wednesday
Retirement Review
9 a.m., Post Headquarters

Survivor Outreach Services potluck
11 a.m. to 1 p.m.
Call 751-4867 for location.

Saturday, July 3
Torchlight Tattoo
4 p.m., Hilton Field
Parking areas open at 3:30 p.m. A concert by the 282nd Army Band begins at 8 p.m., followed by a Salute the Nation Ceremony and a fireworks show.

Sunday, July 4
AAFES July 4 celebration
Noon to 3 p.m.. Gate 1 Shoppette
Stop by and celebrate July 4 with free sandwiches and ice cream.

Tuesday, July 13
Happy Hour comedy show
10 a.m. and 1 p.m., Solomon Center
The safety-themed show is open to all Soldiers and civilians.

Saturday, July 17
Stay the Course presentation
8:30 a.m. to 1 p.m., Main Post Chapel. For more information about Stay the Course: Basic Training in Christian Identity, call 781-9263 or e-mail harrietwn@aol.com.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Friday, July 2
Ice Pops and American Flags
2-4 p.m.
Come cool off with ice pops and stay for the patriotic-themed door prizes for kids.

Tuesday, July 6
Yard of the Month judging
Nominations must be submitted by June 30 and can be phoned in at 738-8275 or e-mailed to Ayoungblood@bbcgrp.com.

Wednesday, July 14
Dehydration prevention
2 p.m.
Learn how to stay hydrated and healthy during the hot summer months. A water bottle giveaway is also scheduled, while supplies last.

Every Friday
Water Wars
3 p.m.
Join in a wild day of water wars. For children 7-14. Dress appropriately.

Announcements

PLAYHOUSE GIVEAWAY
Through today, PX shoppers have the opportunity to register to win a children’s playhouse valued at \$165. Shoppers can register in the store.

BSEP CLASSES CANCELLED
BSEP classes scheduled for Tuesday-Aug. 5 and Aug. 3-Sept. 9 will be cancelled. The Education Center will offer tutorial services for Soldiers needing assistance in basic math and reading from July 13-17. Call 751-5341/7209 to sign up for the tutorial services.

ACS CLOSURE
The Army Community Services center will be closed Wednesday. An on-call caseworker will be provided to assist Soldiers who need Army Emergency Relief help to travel on emergency leave.

SOCIAL WORK PROGRAM
Applications are being accepted for the Army-Fayetteville State University Master of Social Work Program. Civilian employees with MEDCOM, GS-5 to GS-9, may apply. Call DSN 471-6887 for requirements.

CALLING SYSTEM CHANGE
The Fort Jackson on-post calling system has changed. To make a call to an on-post phone number, dial 751-XXXX. To make a local call, dial “99” before dialing the off-post phone number. To make a long distance call, dial “97-1” before dialing the long distance number, including area code. The DSN prefix is “94.”

Quick reference labels can be picked up at the Network Enterprise Center at building 4282. Call 751-GNEC or 751-DOIM for information.

ID CARD REPLACEMENT RULES
Anyone who either loses or has his or her Common Access Card, or CAC, stolen, must now provide a memorandum to the receive a replacement. A memorandum confirming that the card has been lost or stolen must be signed by the local security officer or, for Soldiers, his or her chain of command. Call 751-6024 for information.

JR. SKIES OFFERINGS
Jr. SKIES programs are scheduled throughout the summer. The program is for children 3 to 6 and are Monday

through Friday. Offerings include: Soccer, basketball and golf. Soccer runs July 12-16; basketball runs July 19-23; and golf runs Aug. 2-6. All classes are 9:30 - 10:30 a.m. at the Youth Sports Complex. Call 751-6777/7540 for costs.

BOOK SIGNING
Buffy MacDonald Crabtree will host a book signing for “Grieving God’s Way — He Feels Your Pain” from 9 a.m. to 6 p.m., July 8-10 at the Main PX.

THRIFT SHOP UPDATES
The Thrift Shop will be closed July 6-8. Pick up a brochure in the housing area to stay up to date with Thrift Shop news. On Wednesdays, come in for Wacky Wednesday and receive an additional 20 percent off non-clothing clearance items. The 50-cent clothing rack provides bargains all week. The Thrift Shop is open 9 a.m. to 3 p.m., Tuesday and Wednesday; and 9 a.m. to 5 p.m., Thursday.

SUMMER NUTRITION PROGRAM
Free summer meals will be offered to children younger than 18 through Aug. 6 at C.C. Pinckney Elementary School. Meals will be offered at the Brown Avenue Community Center June 21 through July 23. Serving time for both venues is 11:30 a.m. to 12:30 p.m. There will be no lunch served July 5. Call (843) 846-6105 for information.

VTC CLOSURE
The Fort Jackson Video Teleconference Center located in building 7533 will be closed through Friday for facility upgrades. VTC support will be provided at alternative sites on post. Call 751-5538 for information.

GOLDEN KNIGHTS APPLICATIONS
The U.S. Army Parachute Team, the Golden Knights, is accepting applications for the 2010 selection. Candidates must be active duty, have completed 100 free-fall parachute jumps and have a good military and civilian record. Applications are available at <http://www.usarec.army.mil/hq/goldenknights>. The application deadline is July 31. Selection begins Sept. 7.

CYSS MOBILE REC
Child, Youth and School Services will sponsor a Mobile Rec program from Monday through Aug. 6. The Mobile Rec, which consists of games, arts and crafts, is 9-11 a.m., Monday, Wednesday and Friday at the C.C. Pinckney Elementary School cafeteria and playground; and 9-11 a.m., Thursday at Patriot Park. Free lunch will be provided by post schools from 11 a.m. to 12:30 p.m. Mobile Rec will be closed July 5. Children 6 and younger must be accompanied by a parent.

YOUTH TECHNOLOGY LABS
Fort Jackson youth in grades six through 12 now have access to computers in the youth technology labs. The middle school program lab hours are 2:30-5:30 p.m., Monday through Friday at the Pinckney Elementary Annex Building. The teen program lab hours are 6-9 p.m., Monday through Friday, and 2-6 p.m., Saturday, at the Youth Center. Call 751-4865/6387 for more information.

CIVILIAN TAX WITHHOLDING
Now is a good time for civilian employees to review their tax withholding information. Verify that deductions are being withheld for the correct state and locality taxes. Changes may be made via MyPay. Call 800-538-9043 for information.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. The community calendar is located at the bottom of the page.

Off-post events

GENEVA HOSPICE
Geneva Hospice is accepting volunteers. Volunteer opportunities vary, and training is provided. Call 213-9980 or 237-5679 for information about volunteering or hospice services.

MOVIES IN THE PARK
Movies in the Park is scheduled for July 16 and Aug. 20 at North Springs Park. The free event, organized by Awaken Church, is open to the public and features a free movie on a giant screen, free drinks and other refreshments. The event benefits the Harvest Hope Food Bank and A Home in Haiti. Take lawn chairs or blankets to sit on. Food donations, including canned food, are also being accepted. Gates to North Springs Park open at 7:30 p.m., and the movie begins at sunset.

TINY TOT TUESDAY
Toddler, ages 2-4, are invited to participate in Tiny Tot Tuesday: Wild for Wildflowers, 11 a.m. to noon, July 20 at the Robert Mills Carriage House, 1616 Blanding St. Toddlers will be taught about nature’s wildflowers through interactive activities.

BOOKOO SCHOLARSHIP
Military personnel and spouses are eligible to apply for one of 10 \$1,000 scholarships as part of the Bookoo military scholarship program. Applications must be received by Aug. 1. Visit <http://www.bookoo.com/military-scholarships.jsp> for information and applications.

Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt. Michael Byars
Company A
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pvt. Jonathan Tribley

SOLDIER OF THE CYCLE
Pvt. Joshua Jongema

HIGH BRM
Pvt. Frans Vandiepenhuisen

HIGH APFT SCORE
Pvt. Ryan Perry



Sgt. 1st Class Scott Kehn
Company B
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Theodore Cruz

SOLDIER OF THE CYCLE
Spc. Ryan Couture

HIGH BRM
Pvt. Ryan Clark

HIGH APFT SCORE
Pfc. Russell Smith



Staff Sgt. Ariel Sally
Company C
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. William Kimbrell

SOLDIER OF THE CYCLE
Spc. Anabelle Long

HIGH BRM
Pvt. Royce Brunner

HIGH APFT SCORE
Spc. Robert Boettner



Staff Sgt. Jeffrey Dudzienski
Company D
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Mark Fuggiti

SOLDIER OF THE CYCLE
Spc. Jared Sellers

HIGH BRM
Pvt. Jesus Fabela

HIGH APFT SCORE
Pvt. Matthew Mortenson



Staff Sgt. Jackie Green
Company E
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Michael Burk

SOLDIER OF THE CYCLE
Pfc. Candis Simmons

HIGH BRM
Pfc. Jordan Ellard

HIGH APFT SCORE
Pfc. Lee Easton



Staff Sgt. Christopher Hendricks
Company F
1st Battalion,
61st Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Matthew Burke

SOLDIER OF THE CYCLE
Pfc. Macreshia Salters

HIGH BRM
Spc. Matthew Burke

HIGH APFT SCORE
Pvt. Deangelo Mack

SUPPORT AWARDS OF THE CYCLE

TRAINING SUPPORT AWARD
James Graves
Herman Dozier

STAFF AWARD
Sgt. Jessica Johnson

SERVICE SUPPORT AWARD
Loli Ybarra

DFAC AWARD
Marcus Gibson

FAMILY SUPPORT AWARD
Emily Davidson

This week's AIT honors



FAULKNER



DARLING



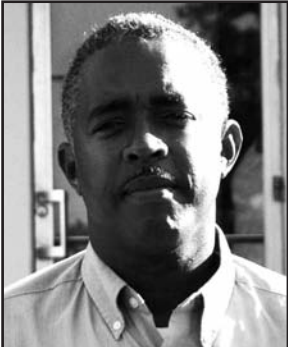
WALKER



AMAKER



HYNES





STANFORD



COLE

187th Ordnance Battalion: Cadre of the Cycle — (A, B and C Co.) Staff Sgt. Mark Faulkner, Staff Sgt. Steven Darling, Sgt. 1st Class Patricia Walker, Staff Sgt. Jonathan Amaker and Staff Sgt. Matthew Hynes. Instructors of the Cycle — Grady Stanford and Theodore Cole.

Sgt. 1st Class Darrel Joe and Staff Sgt. Susie Nuuvalli were recognized as Drill Sergeants of the Cycle for Companies D and F, 1st Battalion 13th Infantry Regiment during last week's graduation.



JOE

NUUVALI

Upcoming ceremonies

CHANGES OF COMMAND

- Garrison: Col. Lillian Dixon will relinquish command to Col. James Love, 11 a.m., Friday, at Post Headquarters.
- 120th Adjutant General Battalion (Reception): Lt. Col. Michael Bineham will relinquish command to Lt. Col. Michael McTigue, 2 p.m., Friday, at the 120th Chapel.
- 171st Infantry Brigade: Col. Karl Reed will relinquish command to Col. George Donovan, 9 a.m., July 9, at the Officers' Club.
- 208th Regional Support Group: Col. Peter Bosse will relinquish command to Col. Larry Cruz, 10 a.m., July 11, at Hilton Field.
- Training Support Battalion: Lt. Col. Lawrence Anyanwu will relinquish command to Lt. Col. Sula Irish, 9 a.m., July 12, at Darby Field.

Send updates for changes of command and changes of responsibility to FJLeader@conus.army.mil.



Army Community Service

July calendar of events

Thursday, July 1

AER commander's referral training: 9-10:30 a.m., Education Center

Lunch and learn parenting potluck: 10-11:30 a.m., 5615 Hood St., Room 8

English as a Second Language class: 1-3:30 p.m., Strom Thurmond Building, Room 222 (every Thursday, except holidays)

Tuesday, July 6

La Leche/breastfeeding support group: 10-11:30 a.m., 5614 Hood St., Room 8

EFMP family night out: 5-7 p.m., Chick-fil-A, 2600 Decker Blvd.

Wednesday, July 7

Newcomers' orientation/re-entry brief: 9-11:30 a.m., Post Conference Room

Play group: 10-11:45 a.m., (every Monday and Wednesday, except holidays). Call for location.

Phase II LEVY briefing: 2:30-3:30 p.m., Strom Thurmond Building, Room 213

Thursday, July 8

New direction empowerment group: 11 a.m. to noon, Balfour Beatty Community Center

Lunch & Learn, Stress — You Can Handle It: noon to 1 p.m., 5615 Hood St., Room 10

Sunday, July 11

EFMP Palmetto Falls Water Park: 4-7 p.m., Cost \$2.50 (\$3.50 for the food special that includes hot dog, chips and drink)

Tuesday, July 13

Reset Training (New Op READY Training): 9 a.m. to 2 p.m., Family Readiness Center

Teen job and education fair: 10 a.m. to 2 p.m., Main Post Chapel Activity Room

Baby basics: 10 a.m. to noon, Joe E. Mann Center, conference room

EFMP bowling: 4-6 p.m., Century Lanes Bowling Center

Wednesday, July 14

Job search strategies: 8:30 a.m. to noon, Strom Thurmond Building, Room 222

Financial Scams (Survivor Outreach Services): 10-11 a.m., Family Readiness Building

Thursday, July 15

Resume writing and interviewing skills: Guest speaker: Blue Cross/Blue Shield, 8:30 a.m. to noon, Strom Thurmond Building, Room 222

Financial/relocation initial PCS class: 9-10 a.m. Education Center, Room B302

Family assistance center team training: 1:30-3:30 p.m., Joe E. Mann Center

Saturday, July 17

EFMP Columbia Marionette Theater: 11 a.m., 401 Laurel Street. Free for children two and younger.

Tuesday, July 20

FRG leadership training two-day workshop: 8:30 a.m. to 4 p.m., Family Readiness Center

Starting and running a small business: 9-11:30 a.m., Education Center. Call 751-4109 to register

Teen job and education fair: 10 a.m. to 2 p.m., Main Post Chapel Activity Room

Positive parenting 101: 10 a.m. to noon, Joe E. Mann Center, conference room

Evening breastfeeding support group: 5:15-6:30 p.m., 5615 Hood St., Room 8

Wednesday, July 21

FRG leadership training: 8:30 a.m. to 4 p.m., Family Readiness Center

Financial readiness for first-termers: 8:30 a.m. to 4:30 p.m., Education Center

Teen Career Exploration Workshop: 10 a.m. to

noon. Call for location and registration.

Phase II LEVY briefing: 2:30-3:30 p.m., Strom Thurmond Building, Room 213

Thursday, July 22

Winning Interviewing Strategies: 9-11:30 a.m., Strom Thurmond Building, Room 222

Sunday, July 25

EFMP Palmetto Falls Water Park: 4-7 p.m., Cost \$2.50 (\$3.50 for the food special that includes hot dog, chips and drink)

Tuesday, July 27

Steps to federal employment: 9 a.m. to noon, Strom Thurmond Building, Room 222

Key Caller Training: 9 a.m. to 2 p.m., Family Readiness Center

Managing emotions under pressure: 11 a.m. to 1 p.m., 5615 Hood St., Room 10

EFMP bowling: 4-6 p.m., Century Lanes Bowling Center

Hearts Apart support group: 4-5:30 p.m., Family Readiness Center. Date subject to change, call 751-1124

Wednesday, July 28

Job search strategies: 8:30 a.m. to noon, Strom Thurmond Building, Room 222

Thursday, July 29

Reunion/Reintegration training: 6-8 p.m., Family Readiness Center

Quick jobs seminar: 10-11:30 a.m., Strom Thurmond Building, Room 222



For more information or to register for classes, call 751-5256 or 751-6325.
This information is published the last week of each month in *The Fort Jackson Leader*.

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Be proactive to stop unsolicited mail

By **CAPT. SCOTT SOMERSET**
Legal Assistance Office

Many military families find themselves receiving unsolicited mail, including pre-approved credit card applications, when they move to a new duty station. Service members have a right to reduce the number of unsolicited mailings, calls and e-mails by requesting companies to remove their names from marketing lists and pre-approved credit cards, and to not sell their credit information.

Telemarketing agencies and credit card companies can easily obtain a person's personal information without his or her permission to send him or her pre-approved credit card applications.

To opt-out of pre-approved credit offer solicitations, call 888-5-OPTOUT (567-8688). In addition, people also should contact the following three major credit bureaus to prevent companies from sharing their names and addresses for promotional services. Once the request is processed, the person's name remains on the credit bureau opt-out list indefinitely.

❑ Equifax, Inc., Options, P.O. Box 740123
Atlanta, GA 30374-0123.

❑ Experian Consumer Opt-Out, 701 Experian Parkway,
Allen, Texas 75013-3715.

❑ TransUnion Corporation's Name Removal Option,
P.O. Box 97328, Jackson, MS 39288-7328.

Telemarketing companies and credit card companies can also easily obtain a person's personal e-mail address without his or her permission. To reduce unsolicited commercial e-mail, visit the Direct Marketing Association website at <http://www.e-mps.org/en/> to register online. Once the request is processed it remains in effect for one year.

The DMA also offers mail and telephone preference services to help reduce direct mail marketing and telemarketing. The DMA registers consumers for five years with direct-mail and telephone marketers. Registering with the DMA, however, does not eliminate mail from list brokers, "Dear occupant" mailers, local merchants, charities and professional organizations. Consumers must contact these organizations directly to be deleted from their mailing lists.

To register with DMA, a consumer must send his or

her name, current mailing address, previous mailing address, Social Security number, telephone number, date of birth and signature to the following addresses:

❑ Telephone Preference Service, Direct Marketing Association, P.O. Box 9014, Farmingdale, NY 11735-9014.

❑ Mail Preference Service, Direct Marketing Association, P.O. Box 9008, Farmingdale, NY 11735-9008.

Under the law, consumers have a right to say no to unsolicited mailings, calls, and e-mails. If telemarketers continue to contact the consumer despite his or her choice to opt-out, he or she can file a telemarketing complaint with the Federal Trade Commission at <http://www.ftc.gov/ftc/consumer/htm>.

For more information on how to stop unsolicited mailings, contact the Fort Jackson Legal Assistance Office to speak with an attorney. The Legal Assistance Office is located in the Office of the Staff Judge Advocate, Building 9475, Kershaw Road. Call 751-4287 to schedule an appointment.

The office is open for appointments from 9 a.m. to 4 p.m., Monday through Thursday. Walk-in appointments are available 1:30-4 p.m., Wednesday, which is a recent change.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor

Director,

Emergency Services/Provost Marshal

Sgt. Maj. Glen W. Wellman III

Provost Sergeant Major

Billy Forrester

Fire Chief



censed driver.

❑ A civilian was ticketed for failing to judge proper clearance in an accident that caused minor damage to two vehicles, MPs said. The ticketed driver's vehicle struck another vehicle as the driver backed out of a parking space, MPs said. Damages to the ticketed driver's vehicle consisted of scratches on the bumper. The other vehicle's damages included a broken front headlight, as well as dents and scratches.

crimestoppers
1-888-559-TIPS
www.midlandcrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK

10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



4. Association with or connections to known or suspected terrorist.

CASES OF THE WEEK

❑ A civilian was ticketed for having an open container in his vehicle after Military Police responded to reports of suspected drunken driving, MPs said. The civilian was administered a sobriety test, which he passed. The civilian was ticketed for no vehicle registration and no insurance paperwork.

❑ A civilian was ticketed for driving with a suspended driver's license after attempting to enter post with no license in her possession, MPs said. She also received a ticket for failing to surrender her driver's license. The vehicle was released to a li-



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Easy steps keep stress in check

By LISA J. YOUNG

U.S. Army Public Health Command

For active-duty Soldiers who are deployed, the continual stress of patrols, searches, training and the usual tedium of soldiering requires troops to manage their stress levels in a challenging situation. For family members, life brings another set of stress-inducing trials.

Stress can be very useful. Stress causes energy-pumping hormones to be released into the bloodstream, preparing the body to act in times of danger. However, many of the activities that cause stress in today's world do not require a physical response; unfortunately, your body does not know that. The resulting muscle tension, increased heart rate, and intensified stress hormone levels can eventually produce body aches, headaches, digestive problems, sleep disturbances and fatigue. If ignored, chronic stress can affect a person's physical health and steal his/her most precious resource — energy.

How can stress management help maintain energy and prevent physical pain? Having the ability to cope with the overwhelming demands for our time and attention is essential. If chronic stress is a factor in reduced energy or uncomfortable physical symptoms, try one or more of these suggestions.

Stress-reduction techniques: Participating in therapeutic massage, progressive muscle relaxation, listening to music, relaxed breathing and meditation can relax muscles, clear away information overload



Photo by Metro Creative Graphics

Massage is one of the techniques to cope with stress.

and reduce anxiety. These techniques have the added physical benefits of reducing heart rate, blood pressure and tension.

Attitude: Having a positive outlook on life and not taking things personally can reduce stress. Let go of the things that cannot be changed.

Priorities: Setting limits and putting oneself in control of how one spends his or her time is a good first step. Finding the balance among career obligations, family events, social activities and personal time is vital. Planning ahead helps avoid last minute stressors.

Exercise: Maintaining an exercise rou-

tine with aerobic activities and stretching can increase endorphins and relieve tight muscles, helping to reduce stress. The aerobic exercise should be vigorous, frequent and last at least 30 minutes. Participating in outdoor activities with friends is a fun way to keep fit and build supportive relationships.

Water: Staying properly hydrated is essential. Since water comprises most of the body, it serves to carry oxygen, nutrients and glucose to cells providing energy, cushioning joints and fortifying muscles. Dehydration can leave a person mentally and physically drained.

Sleep: Getting adequate rest and maintaining regular sleeping patterns are required. For most people a minimum of eight hours of sleep every day is needed to sustain a high energy level.

Chronic stress robs, drains, taxes and sickens individuals if it is left unresolved. By participating in activities that work together to reduce stress, a person can view life's problems more realistically, feeling more in control of managing them.

Addressing chronic stress on a daily basis can help provide energy and restore perspective to keep going when life feels overwhelming. Behavioral health professionals, counselors and chaplains are great resources and can help adopt the stress-management techniques that will work best for each individual.

Resources specifically related to stress and military members are available at the Deployment Health Clinical Center, Combat/Operational Stress, http://www.pdhealth.mil/op_stress.asp.

MACH updates

DFAC UPDATE

Renovations at the MACH dining facility are ongoing. Staff and visitors can eat and be served in the dining area. The DFAC is located on the fourth floor.

MACH PATIENT ENROLLMENT

While MACH is currently unable to enroll adult active duty family members, there are open pediatric TRICARE Prime enrollment spaces for active duty families. Other family members may choose from a list of primary care managers who are in the TRICARE Prime civilian network.

OUTPROCESSING PROCEDURES

Soldiers must clear the Department of Behavioral Health, Army Substance Abuse Program, Social Work Services prior to leaving the installation. Outprocessing includes a review of medical records and provides an opportunity for the Soldier to receive behavioral health care at his or her gaining installation.

Outprocessing hours are 2-3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For more information, call 751-2235.

ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently scheduling only active-duty Soldiers for follow-up appointments. For assistance obtaining orthopedic care, call the referral center at 751-2363.

SOCIAL MEDIA

Follow MACH on Twitter at www.twitter.com/machcsd to receive announcements for same-day appointments.

TRICARE Online allows patrons to save profiles

From TRICARE Management Activity

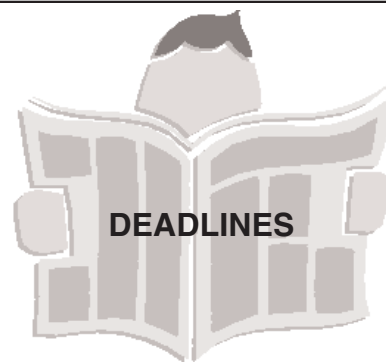
A new feature on TRICARE Online allows users to save their personal health data, such as medication and allergy profiles, demographic information and a personal health summary to a PDF file on their computer, Military Health System officials said recently.

"The new feature, called the Blue Button, is available on the TRICARE Online Personal Health Record site at www.tricareonline.com," said Chuck Campbell, chief information officer for MHS. "After logging on to the secure site, users will be able to add information to their personal health data on the site. Users will need to select the blue button, 'Save Personal Health Data,' before they can save their

personal health data to a PDF file on their local computer."

TRICARE Online is the Military Health Systems Internet point of entry that provides all 9.6 million Department of Defense beneficiaries access to available healthcare services and information through an enterprise-wide secure portal. TRICARE Online users who receive their care at a military treatment facility can schedule appointments, order prescription refills and view their personal health records.

To learn more, go to www.tricareonline.com or visit www.health.mil/mhsocio. For more news about health IT news, subscribe to The Portal, the leading news source for military health IT at www.health.mil/mhsocio.



The Leader welcomes reader submissions. Submissions may be edited for style, grammar and length. Send submissions to FJLeader@conus.army.mil.

Article submissions are due two weeks before publication. For example, an article for the July 8 Leader must be submitted by today. Announcements are due

one week before publication. For example, an announcement for the July 8 Leader must be submitted by July 1.

For information about classified ads, call 432-6157 or e-mail the ad to skaress@ci-camden.com. For information on display advertising, call Kathy at 786-5681.

July heats up with more on-post youth activities

On-post activities for children continue throughout July as the EDGE! program celebrates its one-year anniversary. The EDGE!, which stands for Experience, Develop, Grow and Excel, is an after-school and summer program for children 6 to 18. Programs are offered within Family and Morale, Welfare and Recreation partner facilities and are free for 11-18 year olds. The cost for children 6-10 is \$5 per hour. Participants may attend for the entire month or selected weeks during the month.

Door-to-door transportation to and from EDGE! programs is also available. Permission slips are required and are available at Parent Central Services and the EDGE! director's office. A link is also available on webtrac for those enrolling their children online.

Call 751-3053 for information.

Programs in July are:

Art Sampler — Tuesdays, starting July 6, 1-4 p.m. in the Solomon Center. For ages 10-15.

Beginning with Week One, have fun with the most popular crafting craze since...ever. Bring pictures and create pages for scrapbooks. Make jewelry to match a favorite outfit or for someone special in Week Two. What makes art look extra special? Find out in Week Three by learning basics of matting and framing and leave with a beautifully framed picture. In Week Four, learn to make cool stuff from polymer clay.

Blast Off With Rockets — Mondays, starting July 12, 4-6 p.m. at 5955-D Parker Lane. For ages, 9-15. During Week One, learn the basics of rocket building by building a simple rocket and launcher. The following week, take on the challenge of a two-bottle rocket, with fins, a nose cone, and even a parachute! Finally, in Week Three, graduate to the big one...a five-bottle rocket. How high will it fly?

Go Cupcake Crazy — Wednesdays starting July 7, 5-6:30 p.m. at 5955-D Parker Lane. For age 11-18. Start with Cupcake 101 and learn the basics of making perfect cupcakes and then practice making two cupcakes right off the ice cream truck — orange creamsicle and pink lemonade. Make “fool the eye” cupcakes like corn on the cob, mashed potatoes or peas and carrots in Week Two. What would cupcakes be with-

Army Family Covenant

By THERESA O'HAGAN
Family and Morale, Welfare and Recreation

out chocolate? In Week Three, make some yummy cupcakes like “little earthquake melting surprise” or peanut butter chocolate chip to satisfy that chocolate urge. Finish up in Week Four with cupcakes that are just for fun. How about some “alien invasion” or “slumber party” cupcakes?

Be Patriotic with All-American Desserts — Fridays, starting July 2, 5-6:30 p.m. at 5955-D Parker Lane. For ages 9-15. Celebrate July Fourth with an Americake, a flag striped cake shaped like the United States. Moving on to Week Two, make something as American as apple pie, well American as *caramel* apple pie. Pledge your allegiance to a fruit flag filled with berries and whipped cream in Week Three. In Week Four, celebrate with marbled red, white and blue star-shaped cookies. Love caramel popcorn? In Week Five, enjoy delicious home run pie; it tastes like caramel popcorn in pie form.

Paddle Your Boat — Wednesdays, starting July 7, 1-4 p.m. Meet at 5955-D Parker Lane at 12:40 p.m. For ages, 9-15. Start with the basics of paddling at Weston Lake. In Week Two, take it to the next level and learn to paddle a kayak on Weston Lake. Week Three brings more excitement with paddling Columbia's own Congaree River. Saving the best for the last, paddle the scenic Saluda River in Week Four.

Celebrate the Red, White and Blue — Thursdays, starting July 1, 5-6:30 p.m. at 5955-D Parker Lane. For ages 9-15. Start with a front door wreath. Make a musical tribute with favorite patriotic songs. Decorate a mat and frame with patriotic stamps to frame military family member's pictures, letters, or honors in Week Two. Create a decorated baseball cap in Week Three. In Week Four, design patriotic jewelry including loyalty rings, flag necklaces and pride pins. Week Five, keep the celebrations going by making a cool table-top display of wooden stars, painted, sanded and decorated by hand.



Current EDGE! classes

❑ **Art Sampler** — 1–3 p.m., Tuesdays, starting July 6. Crafts Room, Solomon Center. A sampler of fun art projects. Explore new materials and create beautiful arts and crafts. For ages 10-15.

❑ **Paddle Your Boat** — 1-4 p.m., Wednesdays, starting July 7. Meet for transportation at 5955-D Parker Lane. Learn to canoe and kayak by paddling the waters in Columbia and surrounding areas. For ages 11-18.

❑ **Cupcake Crazy** — 5-6:30 p.m., Wednesdays, starting July 7, 5955-D Parker Lane. More than your mama's cupcakes. Make (and eat) all sorts of cool cupcakes. For ages 11-18.

❑ **Celebrate the Red, White and Blue** — 3:30-5 p.m., Thursdays, July 1, 5955-D Parker Lane. Show your love for

America's colors with cool crafts like a patriotic baseball hat, flag jewelry, house decorations, etc. For ages 9–15.

❑ **All American Desserts** — 3-5 p.m., Fridays, starting July 2, 5955-D Parker Lane. It's July so let's celebrate the red, white and blue with one of America's favorite pastimes — food. Make red, white and blue pie, Americake, berries and cream and other patriotic desserts. For age 9–16.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those older than 10 years old. For children 9-10 years old, classes are \$5 per hour. Register online at <https://webtrac.mwr.army.mil>. “Like” the Fort Jackson EDGE program on Facebook. For more information, call Beverly Metcalfe at 751-3053.

FMWR calendar

THURSDAY

- ❑ Visit Century Lanes for food, fun and bowling.
- ❑ Magruder's Pub and Club is open for lunch.
- ❑ Victory Bingo, 2-11 p.m.
- ❑ Sleepy story time, 6:30-7 p.m., post library. Come in your PJs, and go home ready for bed.

FRIDAY

- ❑ Visit the Officers' Club, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ Victory Bingo, starts 2 p.m.
- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ❑ Dance to a variety of music provided by DJ Randall at Magruder's Club, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30-7 p.m. Appetizers are available, while supplies last.
- ❑ Boss Talent Show, 7 p.m., NCO Club ballroom.

SATURDAY

- ❑ Victory Bingo, starts 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at Magruder's Club and Pub.

SUNDAY

- ❑ Victory Bingo, starts 10 a.m.
- ❑ Visit the Officers' Club, 11 a.m.-1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761 for reservations.

WEDNESDAY

- ❑ Visit the Officers' Club, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ❑ Get your party on at the NCO Club, 8 p.m. Cost is \$5 for military, \$7 for civilians. New DJs.
- ❑ Karaoke night with Tom Marable, Magruder's Pub. Cost is \$3 for military, \$5 for civilians.
- ❑ Victory Readers Club, 6-8 p.m., Post Library
- ❑ Magruder's Pub and Club happy hour, 4:30-7 p.m.

For a complete calendar of FMWR events, visit www.fortjacksonmwr.com.

ONGOING OFFERS

- ❑ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- ❑ The Officers' Club is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m. Lunch is open to everyone.
- ❑ Child, Youth and School Services provides free child care and youth programming on Saturday for active-duty parents who must work as a mission requirement, including parents who are in the National Guard or Reserve during battle training assembly. Programming is available to other parents at an hourly or daily rate.
- ❑ Enjoy resort accommodations for between two and six people with the Armed Forces Vacation Club for less than one would pay for some hotels. Call the reservation center at (800) 724-9988. Fort Jackson's installation number is 164.
- ❑ Victory Travel has special offers for a variety of dinner shows and attractions.



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Century Lanes names champions

By **THERESA O'HAGAN**
FMWR Marketing

Professional bowlers and Century Lanes patrons participated in the Professional Bowlers Association Pro-Am Tournament last weekend.

Thirty-three bowlers, including eight PBA bowlers, participated in the events that ran June 18 to 20.

The tournament was open to PBA bowlers and amateurs in the PBA South Region which consists of South Carolina, North Carolina, Virginia, Georgia and Atlanta.

“The South Region PBA tries to host an equal number of tournaments throughout the region,” explained David Schroeder, program manager, FMWR Bowling. Harry O ‘Neale, South Region PBA director, had heard

good things about Century Lanes and approached Schroeder about hosting the tournament, Schroeder said.

“The tournament went very well,” he said. “We got great, positive feedback from the bowlers. We had a lot of wonderful feedback about the staff and the facility. We hope they come back for another tournament.”

The event was youth bowler Kyle Troup’s first championship win. His father, Guppy Troup, was there to witness it and it made for an exciting Father’s Day for him.

Johnnie Hickman won in the men’s category.



TROUP



HICKMAN

The next tournament at Century Lanes will be the Ladies’ Lanemaster Challenge on July 10, followed by the Men’s Lanemaster Challenge on July 17. For more information or to register call 751-6138.

For those who prefer to play just for fun, Century Lanes offers Rock and Glow Bowling, 9:30 p.m., July 3.

Sports shorts

SPRING GOLF ENDS

The spring golf season has ended, with Task Force Marshall being named the champions in the active duty division. MEDDAC B was the runner up. In the recreational division, team That’s Good came in first while the Heavy Hitters finished second.

❑ Golf letters of intent are due to the sports office by July 13.

❑ The 171st Infantry Brigade Blackhawk 6 farewell tournament is scheduled for noon, June 28 at the Cobblestone Golf Club.

❑ The Fort Jackson Army 10-miler qualifier is scheduled for 5:30 a.m., July 17. The run will begin at the gate at Patton Stadium (Kershaw Street side). Participants may register through July 14.

❑ The Fort Jackson Golf Club is hosting a “Get Golf Ready” program throughout the spring and summer. Size is limited to 16 participants per class. Classes meet Tuesdays and Thursdays. Class dates are: July 8 and Aug. 10. Call 787-4344 or visit www.playgolfamerica.com/ggr.

Shooting star



U.S. Army photo by MICHAEL MOLINARO

Staff Sgt. Robert Park, middle, with the U.S. Army Marksmanship Unit, fires downrange during the 51st Interservice Pistol Championship recently. Park won the overall individual championship.

Basketball standings*

| | |
|---------------|-----|
| Army 1 | |
| 165th | 2-2 |
| TFM | 1-3 |
| 81st | 1-2 |
| SCNG | 2-2 |
| Swampfoxes | 0-2 |
| SSI | 5-0 |
| MEDDAC 2 | 2-2 |



| | |
|---------------|-----|
| Army 2 | |
| 120th | 3-1 |
| DSS | 1-2 |
| 208th | 1-3 |
| 80th Div | 1-2 |
| 4-10th | 4-2 |
| 3-13th | 2-2 |

* Standings as of Wednesday morning

Softball standings*

| | |
|--------------------------------|-----|
| Monday/Wednesday League | |
| 187th | 4-3 |
| MEDDAC | 8-0 |
| Shockers | 2-5 |
| 120th | 2-3 |
| 4-10th | 8-1 |
| 3-34th | 2-4 |
| ACME** | 0-5 |
| Bad Girlz** | 1-6 |

| | |
|--------------------------------|-----|
| Tuesday/Thursday League | |
| 3-60th | 5-5 |
| 193rd** | 6-4 |
| Strictly Business** | 9-1 |
| MPs** | 3-7 |
| 2-60th** | 6-4 |
| Blackhawks | 1-9 |
| CP** | 9-1 |
| 81st** | 0-9 |
| DSS | 5-5 |
| 1-61st | 5-4 |

* Standings as of Wednesday morning
**Denotes rec teams